

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Aerobics (new time) 1 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 6:00 ZUMBA	8:45 RED HOT CHILI STEPPERS 2 WALKING CLUB 8:45-11:15 "LIVING HEALTHY WITH DIABETES (6-WEEK CLASS)" 9-11 Silver Threads & Needles 9-11 Computer Assistance (S.Boyd) 10:00 Yoga 10:30 "GROUNDHOG DAY" USE IT OR LOSE IT 1:00 Table Tennis	8:30 Wednesday Walk 3 9:00 Aerobics (new time) 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 BLACK HISTORY MONTH – "WHO AM I?" ACTIVITY 12:30 Oil Art Group	9-11 Silver Threads & Needles 4 10:30 ADVOCACY EVENT: WRITING VALENTINES TO OUR LEGISLATORS 12:00 – 4:00 Bridge 12:30 Just Dance <div style="border: 2px solid red; border-radius: 10px; padding: 10px; text-align: center; color: red;"> No SQUARE DANCING in February </div>	9:00 Aerobics (new time) 5 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 SENIOR GAMES COMMITTEE MEETING 1:00 Table Tennis <div style="color: blue;"> CAROLINA PANTHER'S PRIDE DAY Wear Your Panthers Colors Today </div>
9:00 Aerobics (new time) 8 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RED HOT CHILISTEPPERS WALKING CLUB MEETING 6:00 ZUMBA	8:45 RED HOT CHILI STEPPERS 9 WALKING CLUB 8:45-11:15 "LIVING HEALTHY WITH DIABETES (6-WEEK CLASS)" 9-11 Silver Threads & Needles 9-11 Computer Assistance (S.Boyd) 10:00 Yoga 10:00 MAKING CHOCOLATE COOKIES 1:00 Table Tennis 1:00 "CHOCOLATE" B-I-N-G-O	8:30 Wednesday Walk 10 9:00 Aerobics (new time) 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 PEN PALS 11:15 CHAIR EXERCISE 12:30 Oil Art Group	9-11 Silver Threads & Needles 11 10:15 CRAFTING W/CRYSTAL: VALENTINE BRACELET & NECKLACE 12:00 – 4:00 Bridge 12:30 Just Dance	9:00 Aerobics (new time) 12 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis <div style="border: 2px dotted red; border-radius: 10px; padding: 10px; text-align: center; color: red;"> VALENTINE DANCE (6:00 p.m.) The Rusty & Chiquita Collins Band </div>
9:00 Aerobics (new time) 15 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB – IN RECOGNITION OF NATIONAL CANNED FOOD MONTH 11:15 CHAIR EXERCISE	8:45 RED HOT CHILI STEPPERS 16 WALKING CLUB 8:45-11:15 "LIVING HEALTHY WITH DIABETES (6-WEEK CLASS)" 9-11 Silver Threads & Needles 9-11 Computer Assistance (S.Boyd) 10:00 Yoga 10:30 PRESIDENT'S DAY ACTIVITY QUESTIONS/ANSWERS 1:00 Table Tennis 5:15 MEET & EAT – COPPER PENNY	<div style="text-align: center; color: red;"> SENIOR CENTER and SATELITE MEAL SITES CLOSED FOR STAFF TRAINING </div>	9-11 Silver Threads & Needles 18 10:00 CRAFTING w/BOBBI ALLEN: MAKING "FIT" DOLLS 10:15 TRIP TO HOSPITAL JEWELRY SALE 12:00 – 4:00 Bridge 12:30 Just Dance	9:00 Aerobics (new time) 19 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 TRIP TO HENDERSONVILLE FOR LUNCH & SHOPPING 1:00 Table Tennis
9:00 Aerobics (new time) 22 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE	8:45 RED HOT CHILI STEPPERS 23 WALKING CLUB 9-11 Silver Threads & Needles 9-11 Computer Assistance (S.Boyd) 10:00 Yoga 10:30 CRAFTING W/CRYSTAL: MAKING SUET FOR BIRDS 1:00 Table Tennis	8:30 Wednesday Walk 24 9:00 Aerobics (new time) 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group	9-11 Silver Threads & Needles 25 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 Just Dance	9:00 Aerobics (new time) 26 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis 6:00 PARADE OF TABLES DINNER & FUNDRAISER
9:00 Aerobics (new time) 29 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:30 BIRTHDAY RECOGNITION 1:00 "LEAP YEAR" B-I-N-G-O	<div style="background-color: #f0f0f0; padding: 10px;"> SENIOR CENTER HOURS: Mon: 7:30 a.m. – 5:00 p.m. Tues – Fri: 8:30 a.m. – 5:00 p.m. </div>	<div style="background-color: #f0f0f0; padding: 10px;"> If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409 </div>	COMING IN MARCH- "GEARING UP FOR THE GAMES" SENIOR GAMES REGISTRATION: MARCH 1- 15 SILVERARTS: MARCH 21 – 24 PERFORMING ARTS: APRIL 1 ALL SPORTING EVENTS: APRIL 8 – 22	

DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles ALSO AVAILABLE: Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Paper Shredder, Notary Public, Wi-Fi, Scheduled Transit Stop.

(FREE) AARP TAX PREPARATION IS AVAILABLE (BY APPOINTMENT ONLY) EACH THURSDAY & FRIDAY FEBRUARY 4 – APRIL 15